



### Actividades dentro de casa

- \*Actúa un cuento
- \*Canta
- \*Dibuja
- \*Juega Twister
- \*Baila
- \*Lee un libro

### Actividades fuera de casa

- \*Juega baloncesto
- \*Brinca la cuerda
- \*Anda en patineta
- \*Salta
- \*Camina al parque
- \*Juega frisbee

**Salud Pública**   
Seattle y el condado de King

Made possible by funding from  
Public Health -- Seattle & King  
County and the U.S. Department  
of Health and Human Services.



### Try indoor activities

- \*Play charades
- \*Act out a story
- \*Do a puzzle
- \*Play Twister
- \*Dance
- \*Read a book

### Try outdoor activities

- \*Have a picnic
- \*Jump rope
- \*Skateboard
- \*Play tag
- \*Go to the park
- \*Play frisbee

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Todo es más divertido cuando es real.

¡El apagar la televisión significa más tiempo para estar activo!

[www.kingcounty.gov/healthservices/health/chronic/overweight/reducetv](http://www.kingcounty.gov/healthservices/health/chronic/overweight/reducetv)



Everything is more fun when it's real.

Turning off the television means more time to be active!

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